

SUN-DIET HEALTH SERVICE
SPECIAL RECIPES

FROM EAST AURORA SUN & DIET SANATORIUM
EAST AURORA, N. Y.

Fig Mousse

- 1½ cups chopped figs (Black Mission)
- ¾ cup maple syrup or brown sugar
- 1½ cups 40% cream
- Little dash of celery salt

Whip cream. Chop figs. Add syrup and celery salt. Freeze in ice drawer of refrigerator.

This method of freezing is mentioned as being the best time saver. A regular ice cream freezer can be used, but in that event do not whip the cream before freezing.



From Sun-Diet Health Service, East Aurora, N. Y.

Raisin Pie

- 1 cup butter ~~soft~~
- 2 cups whole wheat flour
- $\frac{1}{2}$ cup cold water
- 2 cups raisins
- 1 cup whipped cream

Chop butter into flour. Add cold water. Roll as for crust as usual. Bake in moderate oven. Place soaked raisins in baked shell. Cover with whipped cream and serve.



From Sun-Diet Health Service, East Aurora, N. Y.

Apple Whip

6 large apples
1 pint whipped cream

Shred apples with or without peeling. Whip cream and add to apple and serve. All fresh fruit whips may be made in the same way.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Apple Whip

6 large apples shredded, 1 pint cream whipped. Add shredded apple to whipped cream. (All fresh fruit whips made by adding diced or shredded fruit to whipped cream.)



In the apple lies food for the brain, the bones, the muscles, the blood, the teeth, the nerves, the skin, the hair, the nails. Inability to tolerate the apple is one of the surest signs of hyper-acidity of the stomach, a state which usually can be remedied by a few days on a vegetable diet.

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SUN-DIET HEALTH SERVICE

from East Aurora Sun and Diet Sanatorium East Aurora, N.Y.

Sun - Diet Punch

6 oranges
2 lemons
1 grapefruit
 $\frac{1}{4}$ pint pineapple juice
 $\frac{1}{4}$ pint water

No sugar or other sweetening is to be added.

This makes one quart of fruit punch. When you do not feel up to par, try living on this for a day.



From Sun-Diet Health Service, East Aurora, N. Y.

Lemon Gelatine Whip

- 1 tablespoon gelatine
- 1 cup lemon juice
- 2 cups whipped cream
- $\frac{1}{2}$ cup cold water
- 3 cups boiling water

Soak gelatine in cold water. Add boiling water and lemon juice. Set aside to cool. When gelatine starts to set, fold in whipped cream and chill until ready to serve.



From Sun-Diet Health Service, East Aurora, N. Y.

Custard with Maple Syrup

1 pint 20% cream
5 egg yolks

Beat egg yolks. Add to cream. Strain. Bake in individual molds in pan of water. When cool serve with one tablespoon maple syrup.



From Sun-Diet Health Service, East Aurora, N. Y.

Rice Pudding

1 cup boiled unpolished brown rice
 $\frac{1}{2}$ cup honey
1 cup raisins

Yolks of three eggs
Small amount butter
 $\frac{1}{2}$ cup cream

Steam rice in water. When well done, drain. Beat egg yolks. Add all other ingredients. Mix with rice.

Bake in slow oven till brown.



From Sun-Diet Health Service, East Aurora, N. Y.

Baked Apples with Raisins

6 apples
 $\frac{3}{4}$ cup raisins
 $\frac{1}{2}$ cup water

Core apples. Fill center with raisins. Place in pan. Add water and bake. Baste a few times during baking. May be served with cream if desired.



From Sun-Diet Health Service, East Aurora, N. Y.

Pineapple Snow

2 cups shredded pineapple
1 box gelatine

Soak gelatine in pineapple juice. Add boiling water as directed on package. Then chill. When chilled add pineapple and whip. Chill again. May be served with whipped cream if desired.



From Sun-Diet Health Service, East Aurora, N. Y.

Pineapple Ice

1 pint pineapple juice
4 tablespoons gelatine
1 quart boiling water

Dissolve gelatine in pineapple juice. Add boiling water. When cool add four cups shredded pineapple and freeze.



From Sun-Diet Health Service, East Aurora, N. Y.

Peach Ice Cream

- 2 tablespoons gelatine
- $\frac{1}{2}$ cup cold water
- 1 cup evaporated milk
- 4 cups shredded peaches
- 6 egg yolks
- 1 pint whipping cream

Dissolve gelatine in cold water. Add evaporated milk and peaches. Freeze to a mush. Then add whipped cream and beaten egg yolks and continue to freeze. Ratio of one cup of salt to eight cup of ice.



From Sun-Diet Health Service, East Aurora, N. Y.

Lemon Fluff

1 cup water, $\frac{1}{2}$ cup lemon juice, rind of 1 lemon grated, yolks of 3 eggs beaten. Cook in double boiler the water, lemon rind and lemon juice. When at boiling point, beat in the egg yolks with a Dover beater. Beat until thick. Chill and serve with whipped cream.



The lemon ranks with the orange as a purveyor of potash salts and citric acid for preserving bodily alkalinity; also of vitamins to build up the body's resistance, protect it against disease, and make normal teeth and bones. Lemon Fluff provides an appetizing medium for introducing lemon juice into the luncheon or dinner menu.

Fruit Crumb Pudding

- 1 pint whole wheat bread crumbs
- 1 cup water
- 1 cup whipping cream
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup dates
- $\frac{1}{2}$ cup figs
- 3 egg yolks
- 1 cup whipped cream

Add bread crumbs to heated water and cream. Let stand for fifteen minutes. Beat egg yolks. Add to bread mixture. Then add raisins, dates and figs. Bake 45 minutes in slow oven. Serve with whipped cream.



From Sun-Diet Health Service, East Aurora, N. Y.

Apricot Whip

- 1 box gelatine
- 2 cups apricots (canned)

Drain apricots, rub through a sieve. Soak gelatine in juice drained from apricots. Add boiling water as directed on gelatine package. When cool add purée of apricot and whip with a Dover beater until thick. Set aside to mold. Chill and serve with whipped cream if desired.



From Sun-Diet Health Service, East Aurora, N. Y.

Baked Tomatoes, Spinach and Ham

3 cups cooked spinach
2 cups cooked ham
8 large tomatoes

Chop spinach and ham. Remove center from tomatoes. Fill with spinach and ham. Place in oven and bake fifteen minutes. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Asparagus Camille

- 1 bunch fresh asparagus
- 2 cups whole wheat bread crumbs
- 6 tablespoonfuls of butter
- 4 egg yolks
- 4 tablespoons cream or water

Steam asparagus cut into small pieces. Place in buttered baking dish over layer of whole wheat bread crumbs. Dot over with butter and repeat until dish is full. Beat egg yolks, add cream or water. Pour over mixture and bake 20 minutes. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Scalloped Spinach with Rice

- 1 $\frac{1}{4}$ cups cooked spinach
- $\frac{1}{3}$ cup brown rice
- 1 tablespoon grated onion
- $\frac{1}{2}$ cup whole wheat bread crumbs
- 4 tablespoons of butter

Chop spinach. Steam rice. To this add grated onion. Pour into buttered baking dish. Sprinkle whole wheat bread crumbs over top. Dot butter over all. Bake twenty minutes. Serve hot.

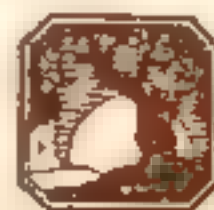


From Sun-Diet Health Service, East Aurora, N. Y.

Stuffed Onions

6 large onions
1/2 cup pecan meats
1 cup cooked spinach
1/2 cup celery
6 tablespoons butter

Steam onions. Drain and scoop out center. Fill with chopped nuts, spinach, and celery. Dot top with butter and bake twenty minutes. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Clabber Milk

1 quart fresh whole milk

Clabber milk will keep fresh three or four days on ice.

Set in warm place about 24 hours. Pour in a bowl when clabbered and beat vigorously with an egg beater. Place on ice and serve cold.



From Sun-Diet Health Service, East Aurora, N. Y.

Asparagus on Toast

3 slices whole wheat bread
1 bunch fresh asparagus
6 tablespoons butter

Steam asparagus. Toast bread until crisp. Place asparagus on toast. To the juice left from asparagus in cooking add butter and pour over each serving.



From Sun-Diet Health Service, East Aurora, N. Y.

Vegetable Roast

- | | |
|-----------------------|-------------------------|
| 1 pint celery diced | 1 can of peas |
| 1 pint carrots diced | 4 egg yolks |
| 1 pint parsnips diced | $\frac{1}{2}$ cup cream |
| 1 large spanish onion | parsley |

Steam vegetables until tender. Add peas and parsley. Grate or chop onion. Add to egg yolks well beaten. Mix with cream. Put entire mixture in buttered baking dish. Bake in slow oven until nicely browned. Serve with butter or tomato puree.



From Sun-Diet Health Service, East Aurora, N. Y.

Vegetable Roast

Pare and cut into large dice equal parts of carrots, parsnips, celery, enough to make 2 quarts. Cook in little water until tender. Chop fine 1 large Spanish onion, a little parsley, add to vegetables. After mixing add 1 can small French peas, yolks of 4 eggs, $\frac{1}{2}$ cup cream. Bake well in buttered dish. Serve with tomato puree.



In this vegetable roast are enough of the concentrated food elements to energize the normal human body without clogging it. In recipes calling for peas, always use the small sifted or French peas, as their starch content is much lower than that of the large peas.

Vegetable Club Sandwich

- 3 slices whole wheat bread
- 2 slices onion
- 4 slices cucumber
- $\frac{1}{4}$ green pepper
- 3 slices tomato
- 1 tablespoon butter

Toast bread on one side only. Spread butter on untoasted side. Lay over each piece slices of the various vegetables mentioned. Serve.



From Sun-Diet Health Service, East Aurora, N. Y.

Onion, Celery and Rice Casserole

3 cups brown rice
3 onions
1 cup chopped celery
2 egg yolks
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup cream

Steam rice. Add chopped onions and celery. Beat egg yolks. Mix with cream and water. Add to entire mixture. Put in buttered baking dish or casserole and bake 45 minutes in slow oven.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Onion, Celery and Rice Casserole

To 3 cups of unpolished rice (steamed) add 3 onions chopped fine, 1 cup chopped celery, yolks of 2 eggs, 1 cup of milk. Bake 45 minutes in buttered casserole.



To keep your body properly regulated, leaven your concentrated starch and protein dishes with green or watery vegetables—in this case celery and onion.

Stuffed Onions with Ham

6 onions
1 cup sauerkraut
 $\frac{1}{2}$ cup boiled ham
 $\frac{1}{4}$ cup onion pulp
4 tablespoons butter

Peel six onions. Parboil five minutes. Remove center and fill with chopped sauerkraut, ham and onion pulp. Place in pan using one inch water. Bake until tender. Take off cover and spread with butter. Bake last five minutes to brown. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Whole Wheat Cookies

- | | |
|--------------------------|------------------------------------|
| 1 cup seeded raisins | 2 egg yolks |
| 1 cup dates | $\frac{3}{4}$ cup sour cream |
| 2 cups whole wheat flour | $\frac{1}{4}$ cup water |
| 3 ounces of butter | $\frac{1}{2}$ teaspoon baking soda |

Pit dates. Cut dates and raisins fine with wet scissors. Sift whole wheat flour over dates and raisins and mix with fingers. Cream butter, then stir in unbeaten egg yolks and mix well. Add sour cream to which the baking soda has been added. Stir in dry ingredients. Drop by teaspoonfuls upon a well-buttered cooking sheet. Do not place too close together. Bake in a moderate oven about ten minutes. Recipe makes approximately 30 cookies.



From Sun-Diet Health Service, East Aurora, N. Y.

Golden Parfait

3½ cups 40% cream
5 egg yolks
1 cup maple syrup
Few drops of vanilla

Whip cream. Fold in well beaten egg yolks and maple syrup. Put in drawer of refrigerator until frozen or freeze in regular ice cream freezer before cream is whipped. Serve plain or with nuts in maple syrup. A small serving of a very rich dessert is wise.



From Sun-Diet Health Service, East Aurora, N. Y.

Asparagus Delicacy

2 bunches fresh asparagus
1 cup peas
1 cup diced carrots
12 strips bacon
parsley

Steam asparagus. Cook bacon until crisp. Chop parsley. Place asparagus on a large hot platter and cover with strips of crisp bacon. Garnish with steamed peas, carrots and fresh parsley. Serve with hot whole wheat toast.



From Sun-Diet Health Service, East Aurora, N. Y.

Cauliflower, Tomato, Cheese Casserole

1 large head cauliflower
4 large tomatoes
1 cup grated cheese
6 tablespoons butter
paprika

Steam cauliflower until tender. Separate in flowerets. Put alternate layers of cauliflower and sliced tomato into buttered casserole. Season each layer with butter, paprika, and grated cheese until casserole is filled. Bake one-half hour in moderate oven. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Ham - Apple Casserole

- 1 slice ham, (two inches thick)
- 2 cloves
- 1 tablespoon onion juice
- 6 large tart apples
- 2 tablespoons butter

Place ham in baking dish. Add cloves, onion juice and quartered apple. Cover with butter. Bake in a covered dish until tender. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Egg Omelette

1 pint milk
6 egg yolks

Beat egg yolks. Add milk. Pour into a heavy pan buttered and cook over slow fire. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Scalloped Oysters

- 1 pint oysters
- 1 cup shredded carrots
- 1 cup diced celery
- 4 tablespoons butter
- 4 egg yolks

Place oysters in buttered baking dish. Alternate shredded carrots and finely chopped celery with oysters until dish is full. Beat egg yolks and pour over top. Bake in a moderate oven 45 minutes. Add butter to brown just before serving. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Baked Salmon Loaf

- 2 cups canned or fresh salmon
- $\frac{3}{4}$ cup diced carrots
- $\frac{1}{2}$ cup diced celery
- 1 grated onion
- 3 egg yolks

Steam vegetables. Mix with cooked salmon. Beat egg yolks. Fold into entire mixture. Mold into loaf and bake. Brush top with butter just before serving. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Nougat Surprise

6 cups cream
1½ cups honey
½ cup chopped almonds
½ cup chopped pecans
½ cup chopped raisins
¼ cup chopped dates

Whip cream. Add remainder of ingredients. Put in ice drawer of refrigerator until frozen or freeze in regular ice cream freezer before cream is whipped. Serve plain or with maple syrup.

A delightful way to top off a starch meal.



From Sun-Diet Health Service, East Aurora, N. Y.

Whole Wheat Bread

1 pint warm water, 1 quart whole wheat flour, 2 yeast cakes. Put in warm place to rise for 2 hours. Add 1 pint warm water. Knead in 2 quarts of whole wheat flour. Butter size of an egg. Let rise—bake in two loaves. (Weight, 1½ lbs. each.)



Eat only whole wheat bread. It provides valuable mineral salts as well as system regulating fibre which are lost when refined white flour is used.

Tomato-Onion Omelette

4 egg yolks
4 teaspoons cream
2 tablespoons butter
5 onions
2 tomatoes

Chop onions and cook in small amount of water until tender. Mix with chopped raw tomato. Beat egg yolk, add cream. Melt butter in heavy pan. Pour in omelette and bake in moderate oven. When omelette is ready to fold over add onion and tomato combination. Sprinkle with celery salt if desired. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Whole Wheat Brick

1 pint whipped cream
18 graham crackers

Take a graham cracker and spread top with whipped cream. Repeat and place one on top of another until you have used the 18 crackers. Place lengthwise on an oblong dish or platter and spread entire outside of brick with whipped cream. Cover and set in refrigerator for about eight hours. Cut diagonally when serving.

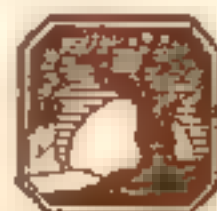


From Sun-Diet Health Service, East Aurora, N. Y.

Stuffed Baked Potato

6 potatoes
2 egg yolks
 $\frac{1}{2}$ cup cream
 $\frac{1}{2}$ cup raw celery
 $\frac{1}{4}$ cup butter

Bake potatoes well. Cut in half lengthwise. Remove center and mash thoroughly. Beat egg yolks until light lemon color. Add butter, cream and celery. Mix with mashed potato. Fill potato shell and bake until brown on top.



From Sun-Diet Health Service, East Aurora, N. Y.

Vegetable Soup

One stalk of celery, 4 carrots, 2 onions, $\frac{1}{4}$ head of cabbage, small amount of spinach. Enough water to cover vegetables. When to boiling point turn heat low and let simmer 3 hours. Rub through sieve and serve warm.



Constipation or auto-intoxication can not gain a foothold in the body that is regulated by the frequent use of this truly vegetable soup. This soup is a blood stimulator and purifier, and many of the vital fluids are dependent on obtaining the elements it contains.

Tomato Puree

1½ cups strained tomato
1½ cups milk
2 tablespoons butter

Add butter to strained tomato and heat. Heat milk in separate pan. When ready to serve combine mixture slowly and serve at once.



From Sun-Diet Health Service, East Aurora, N. Y.

Parsnip and Cauliflower Soup

6 parsnips
1 cauliflower
1 quart milk
4 tablespoons butter

Steam parsnips and cauliflower. Dice in small pieces. Heat one quart of milk and add butter and steamed vegetables. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Parsnip and Cauliflower Soup

Cut fine 6 parsnips, 1 cauliflower, steam. Add 1 quart milk. Small amount of butter. Cook on stove without boiling milk.



This wholesome soup proves that one need not use meat in a soup to obtain delightful flavor. The parsnips are one of the most nutritious vegetables, while the cauliflower is one of the most easily digested.

Corn Roast

1 pint corn
4 egg yolks
 $\frac{3}{4}$ cup whole wheat flour
 $\frac{1}{2}$ cup cream

Beat egg yolks, add cream and flour. Mix well with corn and bake in buttered baking dish in moderate oven until brown. Serve with shredded cocoanut. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Vegetable Stock

3 large carrots, 1 big hand full of spinach, 3 stocks celery, 2 green peppers, 1 bunch asparagus, 1 doz. tomatoes, 1 beet, 1 quart fresh green or wax beans, 1 onion, 1 parsnip, 1 small bunch each of parsley, radishes, mustard greens, broccoli and the outside leaves of any green vegetable.

Any or all of the above mentioned vegetables can be used.

Cover well with cold water. Simmer over slow fire four or five hours. Strain. Cool. Place in ice box. Reheat as needed. This stock will keep four or five days.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Potato Whif

Scoop the center out of a hot baked potato. Mash, and add small amount of butter. Pack potato back in shell and place in oven to brown.



In addition to its high nutritive value the potato possesses important regulatory properties. It tends to prevent fermentation in the intestines and to act as a solvent of uric acid. It is important to cook the potato in its jacket, to preserve the mineral salts which lie just under the skin.

Cauliflower and Savory Sauce

- 2 tablespoons butter
- 2 tablespoons honey
- 1 teaspoon celery salt
- 2 teaspoons minced parsley

Steam cauliflower. Melt butter and add honey, celery salt and parsley. Heat and pour over cauliflower and serve.



From Sun-Diet Health Service, East Aurora, N. Y.

Stuffed Green Peppers with Rice

- 8 green peppers
- 1 cup steamed brown rice
- 2 tablespoons butter
- 2 egg yolks
- 1 cup chopped celery

Remove seeds and partition walls of peppers. Parboil for ten minutes. Mix rice, egg yolks, celery, butter. Fill pepper with this mixture. Place in buttered pan and bake ten minutes.



From Sun-Diet Health Service, East Aurora, N. Y.

Stuffed Raw Apples

6 apples
 $\frac{1}{2}$ cup pecan meats
1 cup whipped cream

Select red apples—wash, cut slice off stem end, scoop out apple pulp, leaving wall about one-half inch thick. Mix pulp, nuts and whipped cream and pack back in shells. Serve cold.



From Sun-Diet Health Service, East Aurora, N. Y.

Waldorf Salad

6 large apples
2 stalks of celery
 $\frac{1}{2}$ cup chopped pecans

Wash and dice celery and apples. Add chopped nuts. Use mayonnaise, whipped cream, sour cream or oil and lemon dressing. Serve on lettuce leaves.



From Sun-Diet Health Service, East Aurora, N. Y.

Dressing No. 5

- 1 cup whipped cream
- 1 tablespoonful honey
- 3 tablespoonfuls vegetable oil

Whip cream until firm. Add oil and honey. Keep in cool place.



From Sun-Diet Health Service, East Aurora, N. Y.

Boiled Dinner

Lamb
1 head cabbage
3 white turnips
4 carrots
6 beets
3 parsnips

Put meat into pot with just enough water to cover. Bring to a boiling point. Set on back of stove and let simmer. Steam vegetables until tender and add to meat.



From Sun-Diet Health Service, East Aurora, N. Y.

Chicken Dressing

- 1 pint ground onion
- 1 pint ground celery
- 1 pint chopped carrots
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup butter

Mix ingredients. Either stuff chicken or place in pan and bake with chicken or turkey.



From Sun-Diet Health Service, East Aurora, N. Y.

Pumpkin Cups

1 quart mashed pumpkin
1 pint cream
1 pint water
6 egg yolks
 $\frac{1}{2}$ cup honey

Beat egg yolks, add to milk and water and honey. Fold into mashed pumpkin. Bake in individual cups.



From Sun-Diet Health Service, East Aurora, N. Y.

Apple Cheese Betty

- 1 pint sliced apples
- 1 cup grated yellow cheese
- $\frac{1}{2}$ cup water
- 6 tablespoons butter

Butter a baking dish. Cover bottom with layer of sliced apples. Sprinkle with grated cheese. Alternate until dish is full. Add one-half cup water. Dot top with butter and bake in slow oven for 25 minutes.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Apple Cheese Bettys

Cover bottom of buttered baking dish, add generous layer of thinly sliced apples. Sprinkle with small amount of nutmeg and four tablespoonfuls of grated cheese. Alternate until dish is filled. Add $\frac{1}{2}$ cup of water. Dot top with butter and bake in moderate oven.



When you yearn for apple pie, try this, remembering that the apple is one of the healthiest things you can eat.

Boston Brown Bread

$\frac{1}{2}$ cup rye meal
 $\frac{1}{2}$ cup corn meal
 $\frac{1}{2}$ cup graham flour
1 teaspoon salt
1 teaspoon soda
 $\frac{1}{3}$ cup honey
1 cup sour cream

Mix and sift dry ingredients. Add soda to sour cream. Combine with dry ingredients. Add honey. When mixed well steam two hours, in greased baking powder boxes.

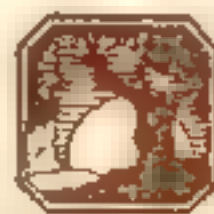


From Sun-Diet Health Service, East Aurora, N. Y.

Mayonnaise Dressing No. 2

3 egg yolks
1 pint vegetable oil
1½ lemons

Have all ingredients cold. Beat egg yolks until light lemon color. Add oil drop by drop until the first two tablespoonfuls have been added, beating with a dower egg beater. As mixture starts to stiffen, add lemon juice and oil alternately until all ingredients are used up. Keep in cool place.



From Sun-Diet Health Service, East Aurora, N. Y.

Dressing No. 3

- 1 cup whipped cream
- 3 tablespoons vegetable oil
- Juice of 1 lemon
- 1 teaspoon paprika

Beat the lemon and oil until thoroughly mixed. Slowly fold into whipped cream. Keep in cool place.



From Sun-Diet Health Service, East Aurora, N. Y.

Cream of Carrot Soup

2 cups diced carrots

1 quart milk

or

1 pint water and 1 pint cream

Steam carrots until tender. Put through a sieve. Heat milk in double boiler. When hot add carrot puree. Season with butter and celery salt.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Cream of Carrot Soup

Wash carrots, dice two cups very small and steam until tender. Place in a double-boiler 1 quart of rich milk or 1 pint of water and 1½ cups cream. When to a boiling point add the carrots. Season with butter and celery salt.



In this delicious soup all of the valuable mineral salts which lie close under the skin of the carrot are retained. The function of mineral salts in the body may be compared to that of oil in the operation of an engine.

Date Ice Cream

1½ quarts cream
5 egg yolks
1 pound black fard dates
½ cup maple syrup

Beat egg yolks. Add maple syrup and cream. Freeze to a mush. Pit dates put through a food chopper, add to frozen mush and continue to freeze. Use ratio of one cup salt to eight cups ice in freezing.



From Sun-Diet Health Service, East Aurora, N. Y.

Pineapple Gelatine

- 1 tablespoon gelatine
- 2 cups shredded pineapple
- 1 cup pineapple juice
- $\frac{1}{2}$ cup cold water
- 1 cup boiling water

Soak gelatine in cold water. Add boiling water, pineapple juice and shredded pineapple. Chill. Serve with whipped cream.



From Sun-Diet Health Service, East Aurora, N. Y.

Maple Cocoanut Custard

1 pint cream
5 egg yolks
1 cup shredded cocoanut

Beat egg yolks, add to cream and cocoanut. Bake in individual molds that have been placed in a pan of water. When cool serve with one tablespoon maple syrup to a serving.



From Sun-Diet Health Service, East Aurora, N. Y.

Spinach Puree

2 cups fresh spinach
1 quart milk

or

1 pint water and 1 pint cream

Chop spinach very fine. Heat milk in double boiler. Add raw spinach. Cook below boiling point until spinach is tender. Season with butter and celery salt. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Cream of Asparagus Soup

2 cups asparagus

1 quart milk

or

1 pint water and 1 pint cream

Puree asparagus. Heat milk in double boiler and add asparagus puree to hot milk. Season with butter and celery salt. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Vegetable Meat Loaf

- 1 pound ground beef
- 1 cup chopped cooked spinach
- 1 cup chopped cooked carrots
- ½ cup chopped tomatoes
- 2 chopped onions
- ⅛ teaspoonful celery salt
- 1 egg yolk

Mix all ingredients. Bake in a well buttered pan about 45 minutes in a moderate oven. Brush top with soft butter and serve.



From Sun-Diet Health Service, East Aurora, N. Y.

Cream of Carrot and Onion Soup

2 cups diced carrots

2 cups diced onions

1 quart milk

or

1 pint cream and 1 pint water

Steam carrots and onion until tender. Put through a sieve. Add carrot and onion puree to hot milk. Season with butter and celery salt. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Cream of Carrot and Onion Soup

Wash carrots, dice, steam until tender. Steam onions until tender. Two cups carrots, two cups onions. Place 1 quart of rich milk or 1 pint of water and 1½ cups of cream in a double-boiler. When to a boiling point add carrots and onions. Season with butter and celery salt. (Serves 4.)



The rich mineral salts of carrots, the high food value of onions make this soup as nourishing as it is tasteful.

String Beans and Mushrooms

- 1 pint string beans
- 1 cup chopped mushrooms
- 4 tablespoons butter

Steam beans until tender. Chop mushrooms. Steam and bake with butter until nicely browned. In serving place three or four spoonful of mushrooms on top of a serving of string beans. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Bacon, Egg and Dandelion Salad

- 1 quart dandelion greens, chopped fine
- $\frac{1}{2}$ cup bacon fat
- 2 tablespoons lemon juice
- 6 egg yolks
- 6 strips crisp fat bacon

Heat bacon fat and lemon juice. Add paprika and celery salt. Mince crisp bacon and add to dandelion greens. Moisten with heated bacon fat, lemon juice, paprika and celery salt. Arrange in individual nests of watercress or crisp lettuce leaves. Garnish with hard-cooked egg yolks cut in fourths and sprinkled with paprika.



From Sun-Diet Health Service, East Aurora, N. Y.

Three-O-Salad

5 oranges
12 ripe olives
4 tablespoons minced onion
Lettuce

Section oranges. Place on lettuce leaves. Cover with the mixture of minced onion and olives. Dress with mayonnaise dressing No. 2.



From Sun-Diet Health Service, East Aurora, N. Y.

Baked Egg Yolk with Spinach

2 cups cooked spinach
8 egg yolks
8 slices fat bacon
Paprika

Place spinach in baking dish. Beat egg yolks slightly and pour over the spinach. Top off with slices of fat bacon. Bake in oven fifteen minutes or until egg yolks are set and bacon brown. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Baked Egg Plant

1 egg plant
8 tablespoons butter

Peel and slice egg plant in half-inch thick slices. Place in buttered baking pan. Add a small amount of water. Cover. Bake until nearly done. Remove cover, brush over with butter and bake until brown and well done. Serve very hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Baked Cauliflower

1 head cauliflower
8 tablespoons butter

Select a firm head of cauliflower. Wash thorough but do not break the outer leaves. Steam until tender. Remove from the leaves, break the flowers apart and arrange in casseroles. Cover with bits of butter. Brown in the oven about five minutes. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Casserole of Lamb

- 2 pounds lamb (breast or shoulder)
- 2 cups diced turnips
- 2 cups diced carrots
- 1 small onion diced
- 1 cup canned tomato
- 4 tablespoons butter

Cut lamb into small pieces and brown well in hot butter with the onion. Put this into a well-greased casserole with the tomatoes and one cup hot water. Bake two hours, replenishing the water from time to time. Add turnips and carrots and bake for three-fourths hour longer. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Raw Vegetable Juice

Equal quantities of fresh vegetables such as beets, carrots, spinach, lettuce, celery, and leafy green vegetables.

Wash thoroughly. Cut fine. Put through meat grinder and press out juice in any press or potato ricer. A Seprosiv is the handiest utensil for squeezing out vegetable juice. Pour juice in bottle. Place on ice. This will keep several weeks at a time.

This is the best tonic we know. It is more nourishing than appetizing. Take one ounce three times a day for a tonic.



From Sun-Diet Health Service, East Aurora, N. Y.

Cole Slaw with Almond Dressing

1/4 head cabbage
1 cup chopped almonds
1 sweet red pepper
Parsley
Mayonnaise

Shred cabbage and chill. Add almonds, finely chopped red pepper and parsley to mayonnaise. Mix dressing with cabbage. Serve on lettuce leaves.



From Sun-Diet Health Service, East Aurora, N. Y.

Grape, Pineapple and Nut Salad

$\frac{2}{3}$ cup large white grapes
1 cup shredded pineapple
1 cup diced apple
 $\frac{3}{4}$ cup pecan meats
 $1\frac{1}{2}$ teaspoons lemon juice

Cut grapes, remove seeds. Mix with pineapple, apples, pecan meats. Marinate with lemon juice. Arrange in individual nests of lettuce leaves. Serve with mayonnaise dressing No. 2.



From Sun-Diet Health Service, East Aurora, N. Y.

Carrot - Casserole

7 onions
2 cups carrot
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup cream
2 egg yolks
3 tablespoons butter

Steam carrots. Rub through a sieve. Slice onions very thin. Beat egg yolks, add cream and butter. Combine entire mixture. Bake in buttered casserole about thirty minutes. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Creamed Cabbage

1 head cabbage
 $\frac{1}{2}$ cup cream
4 tablespoons butter

Shred cabbage, steam until tender. Season with butter and cream. Place mixture in buttered baking dish. Put in oven for 15 minutes. Serve very hot.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Creamed Cabbage

Mince or shred cabbage. Steam until tender. Season with butter and cream, mixing with two forks. Place in a buttered baking-dish and put in oven for 15 minutes. A very delicious way of cooking cabbage.



Cabbage is one of the green, bulky foods that combine with all foods, and may be used in any quantity and variety in the daily menu.

Baked Stuffed Green Peppers

6 large green peppers
1 cup celery diced
1 cup carrots diced
 $\frac{1}{2}$ cup onions diced
4 tablespoons butter

Cut out the centers of the green peppers. Remove the seeds and partition walls. Parboil ten minutes. Steam celery, carrots and onions ten minutes. Fill peppers with this mixture. Cover with butter. Place in buttered baking dish and bake twenty minutes. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Perfection Salad

- 1 box gelatine
- 1 cup boiling water
- Juice of one lemon
- Rind of one lemon, grated
- 3 tomatoes, diced
- 1 cup celery, diced
- 1 cup cabbage, diced
- 1 green pepper, diced

Add boiling water to gelatine, then add juice of one lemon and the grated rind of one lemon. Just before it sets add tomato, celery, cabbage, green pepper. Chill and serve on crisp lettuce leaves. Mayonnaise dressing No. 2



From Sun-Diet Health Service, East Aurora, N. Y.

Chicken Salad

- 2 cups diced cooked chicken
- 2 cups diced celery
- 1/2 cup white grapes
- 3 tablespoons mayonnaise

Seed the grapes and cut in half. Mix with chicken and celery. Marinate with mayonnaise dressing No. 2. Nuts may be added if desired and the salad may be garnished with yolks of hard cooked eggs, celery hearts or ripe olives.



From Sun-Diet Health Service, East Aurora, N. Y.

Tomato Omelette with Green Pepper

8 egg yolks
4 tablespoons cream
4 tablespoons butter
 $\frac{3}{4}$ cup tomatoes
 $\frac{1}{2}$ cup green peppers diced

Beat egg yolks slightly. Add cream. Pour into buttered baking pan. Place in moderate oven. When omelette is ready to fold over, add the mixture of tomatoes and chopped green peppers.



From Sun-Diet Health Service, East Aurora, N. Y.

Peppers Stuffed with Sauerkraut

- 1 can sauerkraut
- 6 green peppers
- 1 onion
- $\frac{1}{8}$ teaspoon paprika
- 1 teaspoon celery salt
- 3 tablespoons butter

Cut a piece off stem end of pepper. Cut in two lengthwise. Remove seed. Par-boil green peppers five minutes. Refill each with the above mixture. Place in buttered baking dish and bake in a moderate oven thirty minutes.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Peppers Stuffed with Sauerkraut

1 can sauerkraut, 6 green peppers, 1 onion finely chopped, $\frac{1}{8}$ teaspoon paprika, 1 teaspoon celery salt, 3 tablespoons butter. Cut a piece off stem end of pepper, cut in two lengthwise. Remove seeds. Parboil green peppers five minutes. Refill each with the above mixture. Place in baking dish and bake in moderate oven thirty minutes.



An eminent writer on dietetics says "Spinach may be the broom of the stomach, but sauerkraut is the vacuum cleaner". Eat it, either raw or cooked, as often as possible.

Scalloped Potatoes with Onions

1 pint sliced potatoes
1 cup sliced onions
1 cup cream

Place layers of sliced potatoes and onions alternately dotting each layer with butter. Over all pour cream. Bake in a moderate oven one and one-half hours. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Cod Fish Cakes

- 1/2 pound shredded cod fish
- 1/2 pound carrots (sliced)
- 1 tablespoonful butter
- 2 egg yolks

Soak fish one hour, then shred. Mix carrots and fish, cover with hot water and cook until tender. Drain mixture, mash; add egg yolks and butter and heat until light. Mould into small cakes, place in buttered tin and bake until brown. If too dry, may be served with added butter or tomato sauce.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Steamed Cabbage and Sour Cream

Cut up steamed cabbage. Serve very hot. Spread with butter and pour over sour cream.



It is a well-known fact that cabbage assists a torpid colon to become more active. Steaming preserves the elements that makes cabbage valuable.

Sour Cream Dressing

- 1 cup sour cream
- 2 tablespoons lemon juice

Allow cream to stand 24 hours to sour. Whip until stiff. Add lemon juice slowly while whipping. Keep in cool place

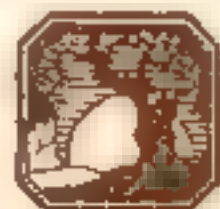


From Sun-Diet Health Service, East Aurora, N. Y.

Onion Omelette

8 egg yolks
4 tablespoons butter
 $\frac{1}{8}$ teaspoon celery salt
4 tablespoons cream
1 onion

Beat egg yolks slightly. Add minced onion and cream. Melt butter in sauce pan and pour in mixture. As soon as it begins to set run a knife under the edge to prevent sticking. Cook very slowly until firm.



From Sun-Diet Health Service, East Aurora, N. Y.

Parsley Omelette

- 8 egg yolks
- 4 tablespoons butter
- $\frac{1}{8}$ teaspoon celery salt
- 4 tablespoons cream
- 6 tablespoons chopped parsley

Prepare as for plain omelette. When ready to fold add in the parsley. Serve at once.



From Sun-Diet Health Service, East Aurora, N. Y.

Mushroom Omelette

8 egg yolks
 4 tablespoons butter
 $\frac{1}{8}$ teaspoon celery salt
 4 tablespoons cream
 1 cup mushrooms diced

Beat egg yolks slightly. Add mushrooms, cream and celery salt. Melt butter in a sauce pan. Pour in mixture. As soon as it begins to set run a knife under to prevent sticking. Cook slowly until firm. Serve at once.



From Sun-Diet Health Service, East Aurora, N. Y.

Pimento Dressing

3 egg yolks
1 pint vegetable oil
1½ lemons
1½ cups chopped pimento

Make exactly as for Mayonaise dressing No. 2. Then fold in finely chopped pimento. Keep in cold place.



From Sun-Diet Health Service, East Aurora, N. Y.

Baked Stuffed Tomatoes

6 large tomatoes
1 cup shredded carrots
1 cup diced tomato
 $\frac{1}{2}$ cup diced celery
6 tablespoonfuls butter

Wash tomatoes but do not peel. Cut a slice from stem end. Scoop out the center. Fill with the mixture of shredded carrots, tomato and diced celery. Season with celery salt and sprinkle with shredded carrot on top, dot with butter and bake in a buttered baking dish until tender. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Health Koko

- 1 teaspoonful Health Koko
(Battle Creek food product)
- 1 teaspoonful brown sugar

Add one tablespoonful cold water for each cupful. Cook until smooth, then add $\frac{1}{4}$ cup cream, $\frac{3}{4}$ cup hot water, combine entire mixture, heat and just before serving add a drop of vanilla and beat vigorously.

A health-building substitute for cocoa and hot chocolate.



From Sun-Diet Health Service, East Aurora, N. Y.

Carrot Loaf

Soak two cups of toasted whole wheat bread crumbs in one cup of water, one cup cream until it is soft. Add two cups of grated carrots, one teaspoon of celery salt, three slightly beaten egg yolks and $\frac{1}{3}$ cup melted butter. Turn into a buttered pan and bake slowly for about 15 minutes. Serve very hot.



Carrots are body builders, being rich in carbohydrates, mineral salts and the vitamins . . . A, which prevents or corrects rachitic conditions, B, which is Nature's defense against functional disorders of the nerves; and C, the foe of scurvy and allied diseases. Remember to grate the carrots skin and all, to obtain their maximum value.

Stuffed Egg Plant

1 egg plant
 1/2 cup shredded carrot
 1/2 cup chopped onions
 2 tablespoonfuls butter
 6 strips fat bacon

Steam the egg plant for fifteen minutes. Cut thick slice from stem end and scoop out the center. Do not work too close to the skin. Chop the center fine, add carrots, onion and butter. Refill egg plant. Cover top with fat bacon. Place in pan and bake in moderate oven for twenty-five minutes. Serve very hot.



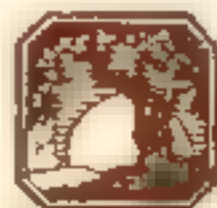
From Sun-Diet Health Service, East Aurora, N. Y.

Savita Broth

- 2 tablespoonfuls Savita Paste
(Battle Creek food product)
- 4 cups vegetable stock

(See recipe No. 43 for vegetable stock)

Heat stock. Add Savita. Stir until well dissolved. Serve very hot. Four Savita cubes can be substituted for Savita paste. The cubes are handy to use while travelling, making a very good broth without the addition of vegetable stock.



From Sun-Diet Health Service, East Aurora, N. Y.

Oysters in Blankets

24 large oysters
24 strips fat bacon
24 toothpicks
Parsley

Wrap thin slices of fat bacon around large oysters. Fasten with toothpicks. Put under broiler and cook until bacon is crisp. Drain on brown paper before serving. Garnish with parsley and serve very hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Cream of Mushroom Soup

2 cups chopped mushrooms

1 quart milk

or

1 pint cream and 1 pint water

6 tablespoonfuls butter

Heat milk in double boiler. Add finely diced mushrooms. Season with butter and celery salt and serve very hot.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Cream of Mushroom Soup

Dice two cups of mushrooms. Place one quart of milk or one pint water and $1\frac{1}{2}$ cups of cream in a double-boiler. When to a boiling point add the mushrooms. Season with butter and celery salt.



A rich soup like this is almost a meal in itself. Follow such a soup with green salad or bulky vegetables.

Cream of Celery Soup

2 cups celery
1 quart milk
2 tablespoonfuls butter

Cream and water may be used in place of milk.

Steam celery in the usual way. Add to heated milk, or cream and water. Season with celery salt.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Cream of Celery Soup

Wash celery, dice two cups and steam until tender. Place one quart of rich milk or one pint of water with $1\frac{1}{2}$ cups of cream. When it comes to a boiling point add the celery. Season with butter and celery salt.



Celery has been known from time immemorial as Nature's nerve tonic. This is due to its high content of Vitamin B.

Cream of Onion Soup

2 cups chopped onions

1 quart milk

or

1 pint cream and 1 pint water

6 tablespoonfuls butter

Parsley

Heat milk in double boiler. Add finely chopped onions, butter and parsley. Season with celery salt. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

RECIPE FOR

Cream of Onion Soup

Wash onions, slice very thin and steam until tender. About two cups full. Place one quart of rich milk or 1 pint of water and 1½ cups cream in a double-boiler. When to a boiling point add onions. Season with celery salt and butter. (Serves 4.)



Onions promote growth, stimulate the appetite, and are effective in restoring basic alkalinity. Many people who thought they could not eat onions find they can do so cooked the Sun-Diet way and in Sun-Diet menus.

Broiled Mushrooms on Toast

6 slices whole wheat bread
1 pound mushrooms
 $\frac{1}{2}$ cup butter
Celery salt

Wash mushrooms. Remove stems. Either chop in pieces or leave whole. Place in buttered iron frying pan either covered in oven or open under broiler flame until mushrooms are tender. Toast whole wheat bread. Place serving of mushrooms on toast. Garnish with parsley. Season with celery salt. Serve very hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Fruited Gelatine

- 1 box gelatine
- 1 cup boiling water
- 1 cup shredded pineapple
- 1/2 cup pecan meats
- 2 oranges, diced
- 2 peaches, sliced

Dissolve gelatine in boiling water. Add fruit juice. Chill. When slightly thickened beat with egg beater until consistency of whipped cream. Fold in fruit and pecan meats. Turn into individual or large mold. Chill. Serve as dessert with whipped cream or on lettuce leave with mayonnaise as salad.



From Sun-Diet Health Service, East Aurora, N. Y.

Cinnamon Toast

1 slice whole wheat bread
1 teaspoonful brown sugar
 $\frac{1}{8}$ teaspoonful cinnamon

Toast bread. Butter well. Spread with sugar and cinnamon well mixed. Place under flame until sugar melts. Serve at once.



From Sun-Diet Health Service, East Aurora, N. Y.

Pea Puree

- 1 can French peas
- 1 pint cold water
- 1 pint milk

or

- 1 cup cream and 1 cup water
- 1 slice onion diced
- 3 tablespoonfuls butter

Heat milk in double boiler. Put peas through a sieve. Add one pint cold water and diced onion. Cook in double boiler. Add butter. Combine with hot milk. Season with celery salt. Serve hot.



From Sun-Diet Health Service, East Aurora, N. Y.

Posted in Feb. 2023
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